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TURN OFF EITHER FOOT



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DATE OF SESSION:

DIRECTIONS

- Players jog forwards before a ball is kicked/thrown.
- Players then react to the kick/throw by accelerating to the nearest cone.
- Then turn and accelerate to the next cone back before turning again to sprint to the coach.

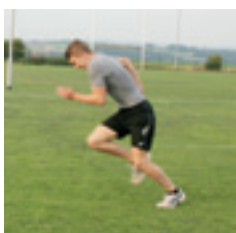
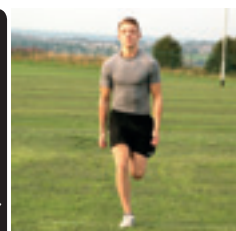


FORWARD RUN

Arms and legs drive together rapidly

Legs and arms don't drive together, limited arm action

5 4 3 2 1

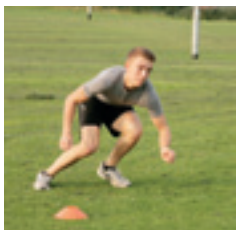
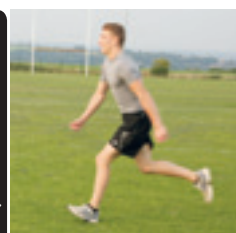


REACTION

Instant change of pace on reaction to the ball

Limited or no change of pace on reaction to ball

5 4 3 2 1

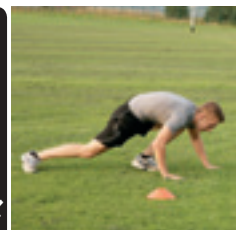


TURN

Low body and drive hard off one foot to change direction

Upright body or loss of footing when turning

5 4 3 2 1

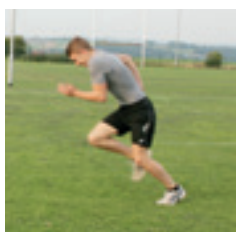
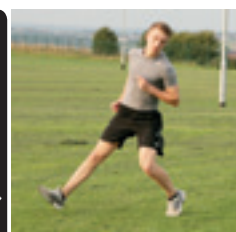


ACTION

Lots of small quick strides when slowing down

No change in stride length throughout

5 4 3 2 1



ACCELERATION

Forward lean, short steps, low body, rapid arm drive

Upright body, no lean, limited arm drive and large strides

5 4 3 2 1

